

The métis cookbook



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*Guide to
Healthy
Living*



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Notice: This guide is intended only to provide basic information about health, nutrition and cooking. In no way is the information in this book intended to replace the advice of a physician. This guide only contains general information and it is recommended that you always follow the advice of your physician.

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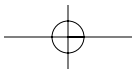
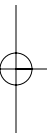
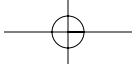
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Métis Cookbook and Guide To Healthy Living

Prepared by the Métis Centre at the National Aboriginal Health Organization.

The Métis Centre at the National Aboriginal Health Organization is a national,
non-profit, Métis-controlled organization.

The Métis Centre is dedicated to improving the mental, physical, spiritual, emotional, and
social health of all Métis in Canada. We are dedicated to promoting Métis health issues
through public education and health promotion.



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Introduction



Not so long ago,

like all Aboriginal Peoples, Métis lived from the land and consumed a nutrient rich diet of game, fish and seasonal plants. Traditional foods remain a part of Métis culture, and many continue to hunt and gather natural foods. For a majority of Métis now living in urban areas, diet has changed considerably. Today's diet is too often high in processed foods and sugar and low in nutritional value. Coupled with a sedentary lifestyle, poor diet is often the cause of health problems like heart disease, diabetes and obesity.

Traditionally, the largest portion of the Métis diet came from bison and other animals including moose, deer, elk, rabbit, bear, muskrat, beaver, partridge, prairie chickens, ducks, and geese. Another large part of the Métis diet came from fish.

In addition to game and fish, Métis harvested fruits and plants such as raspberries, strawberries, chokecherries, Saskatoon berries, cranberries, blueberries, rosehips and others that were picked as they ripened in season.

Métis harvested edible plants like the young leaves of the stinging nettle plant or dandelion that can be steamed and added to soups. Roots from plants such as the bulrush are reported to taste similar to potatoes. Wild turnip was ground and used as flour to thicken soup. Wild onions, wild carrots and wild leeks were also harvested. There are many other edible plants that were traditionally used as food and provided a source of vital nutrients, fibre and flavouring.

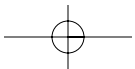
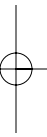
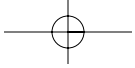
This optimum diet and intense physical activity contributed to good health.

The transition from a traditional diet, with minimal refined goods, to a diet dominated by refined carbohydrates and saturated fats has taken its toll on the health of the Métis population. As the consumption of sugar, flour, lard, cheese, bologna and other refined foods has increased, so too have rates of diabetes, heart disease and obesity.

Today, Métis are more likely to suffer from poor health than non-Aboriginal Canadians. The rate of diabetes, for example, is at least two times higher for Métis than the general population.¹ Complications of diabetes include kidney disease, heart disease, blindness, and amputations. Rates of arthritis and rheumatism are also about twice as high for Métis² and high rates of high blood pressure, asthma and heart problems are reported.

The good news is that these health conditions can all be prevented or controlled by diet and lifestyle. This means that taking control of your health through diet and exercise can have a positive effect in preventing and controlling these related illnesses and maintaining good health.

The Métis Centre at the National Aboriginal Health Organization hopes that this health guide and recipe book will be a valuable source of information that will allow you to make healthy choices!





CHAPTER **1**

**HEART DISEASE, DIABETES, &
OBESITY**

Cardiovascular Disease - Heart Disease and Stroke
Hypertension - High Blood Pressure
Diabetes
Obesity

Healthy eating and exercise have been proven to significantly reduce your risk of heart attack or stroke, developing diabetes or ailments associated with obesity.



Risk Factors for Heart Disease and Stroke³

Uncontrollable Risks

- Family history • Age • Gender • Ethnicity

Controllable Risks

- Poor eating habits • High blood pressure
- Elevated blood cholesterol • Lack of exercise
- Excess weight or obesity • Diabetes
- Smoking or exposure to second-hand smoke
- Excess alcohol consumption
- Stress

HEART DISEASE, DIABETES, & OBESITY

Heart disease, diabetes and obesity are all linked by diet. There are risk factors associated with the onset of heart disease, diabetes or obesity; some that we can change and some we cannot. For instance, we cannot change our family history with the disease, nor our age. Luckily, we can control other factors that could increase our risk of heart disease, diabetes and obesity such as diet, high blood pressure, smoking and lack of exercise.

Cardiovascular disease — heart disease and stroke

Cardiovascular disease (heart disease and stroke) is a major cause of illness and disability and is the leading cause of death in Canada.⁴

Heart disease is a general term that includes all the diseases of the heart and blood vessels. Two of the most commonly known conditions of heart disease are heart attack and stroke.

Cholesterol, fat and calcium in the blood can build up on the walls of the arteries. This can make the blood slow down and even stop flowing, causing a heart attack or stroke if a piece of the build up breaks off and blocks blood from flowing.⁵

CHAPTER **1****HEART DISEASE, DIABETES,
& OBESITY**

High blood pressure

(hypertension)

Ways to control high blood pressure:

- control your weight;
- cut back on alcohol;
- cut back on salt;
- quit smoking;
- be active, and
- take time to relax, which reduces stress.


Eat foods rich in potassium like:

- bananas;
- oranges;
- melons;
- kiwis;
- potatoes;
- tomatoes;
- milk;
- nuts;
- oats, and
- whole grain cereals.

< TIP >

Potassium helps keep blood pressure low. Bananas, oranges, and tomatoes are all rich in potassium.



A black and white photograph showing three potatoes of different sizes and shapes, and a glass of water. The potatoes are arranged in a cluster, with one large potato on the right, a medium one on the left, and a smaller one at the top. The glass is partially filled with water and is positioned behind the potatoes.

Blood pressure is a measure of the force of the blood against the walls of your blood vessels.⁶

High blood pressure can double or triple your risk of stroke, heart disease, and kidney disease.⁷

Your blood pressure changes throughout the day, depending on what you are doing. Blood pressure is usually lower when you are resting and higher when exercising or active. Many different things can change your blood pressure including smoking, pregnancy, medication, or your emotions.⁸

There are no symptoms for high blood pressure, so people may not know they have it. The only way to find out is to get your blood pressure checked by your doctor. Everyone over the age of 20 should have their blood pressure checked regularly.

For more information, contact your health care professional.

CHAPTER 1**HEART DISEASE, DIABETES,
& OBESITY**

Did you know: The number
of Aboriginal people with diabetes
has more than doubled since 1940?

**Risk Factors for Diabetes**

There is no single cause of diabetes, but some factors can increase your risk of developing the condition. These include both the controllable and uncontrollable risks listed here.

Uncontrollable

- Family history • Age • Gender • Ethnicity

Controllable

- Being overweight • Having gestational diabetes • High blood pressure
- High cholesterol or other fats in the group • Smoking or exposure to second hand smoke • Excess alcohol consumption • Poor eating habits • Lack of exercise
- Not properly managing/testing blood glucose levels • Not properly taking prescribed medication to control blood sugar levels

Diabetes

Diabetes is a serious, lifelong condition that is caused by the pancreas not making enough insulin, and your body not using enough sugar. Insulin is a hormone made by the pancreas that helps our cells change the sugar from foods into energy. In order for sugar to be converted into energy, it must leave the bloodstream and enter the cells.⁹

Without insulin, the cells in your body cannot absorb sugar from the bloodstream.¹⁰ Insulin levels are normal but the body is unable to absorb the sugar from the bloodstream, so blood sugar levels remain high (Type 2 diabetes).¹¹ Over long periods of time, high blood sugar levels can contribute to other health problems including: damage to blood vessels, kidneys, eyes, and circulation problems.¹²

There are three types of diabetes:

Type 1, where the pancreas produces little or no insulin;

Type 2, where the pancreas is not releasing enough insulin or the insulin is not used properly, and

Gestational, where the body is unable to correctly produce insulin during pregnancy.¹³

Type 1 Diabetes

Type 1 Diabetes cannot be prevented and usually occurs during childhood or early adolescence.

The pancreas does not produce insulin and the condition is controlled with daily injections of insulin and through diet and exercise.¹⁴ About 10% of all diabetics are Type 1.¹⁵

CHAPTER 1**HEART DISEASE, DIABETES,
& OBESITY****Type 2 Diabetes**

About 90% of all diabetics have Type 2 diabetes. Aboriginal People in Canada have 3 to 5 times the risk of developing Type 2 diabetes than non-Aboriginal Canadians.¹⁶

When a person has Type 2 diabetes, the pancreas usually produces insulin and injections of insulin are not needed at the beginning. While there is no cure for diabetes, Type 2 can usually be controlled with medication and/or insulin, and with healthy eating and regular exercise.¹⁷

Type 2 diabetes develops in a person when their cells become resistant to insulin. When the insulin produced by the pancreas goes to the cells, the cells in a sense ignore the insulin. Called insulin resistance, the cells do not open to allow the blood sugar to enter. Since the cells are not responding to the insulin, the blood sugar in the bloodstream rises to dangerous levels.

Type 2 diabetes can be prevented or controlled.

Symptoms of Type 1 and Type 2 Diabetes

Fatigue, frequent urination, unusual thirst, unexplained weight loss.¹⁸

It is important to note that symptoms differ from case to case and many people with Type 2 diabetes may not have any of the symptoms.

Everyone should be tested for diabetes on a regular basis.

Gestational Diabetes

Gestational diabetes occurs during pregnancy between the 24th and 28th week. When pregnant, there are many hormones being made and the body can't use its insulin effectively. Sugar is not taken into the cells which means high levels of sugar is left in the bloodstream.

Diabetes during pregnancy can be controlled 95% of the time by healthy eating and, if required, insulin. Blood sugar levels usually return to normal after the baby is born, but a woman with gestational diabetes has a 50% chance of developing Type 2 diabetes later on.¹⁹

Diabetics use various methods to manage and/or control the condition such as:

- Eat a healthy, balanced diet low in fat, sugar and carbohydrates;
- Regularly test blood sugar levels and follow your doctor's advice;
- Reduce and manage stress;
- Be active and exercise regularly, and
- Check with your doctor before changing your level of activity.



The key to managing diabetes is to always maintain overall good health.

For more information, or to be tested for diabetes, contact your health care professional.



CHAPTER **1**
**HEART DISEASE, DIABETES,
& OBESITY**



Obesity

People who are overweight or obese are at risk of developing high blood pressure and diabetes. This puts them at an increased risk of developing heart disease.²⁰

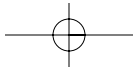
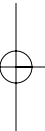
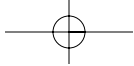
Obesity is usually managed with a change in diet and an increase in physical activity.

Always check with your doctor before changing your diet and exercise routine.

Manage your weight

There are ways to combat our widening waistlines:

- Eat healthy and live active;
- Lose weight slowly and avoid fad diets;
- Eat healthy: more fruits and vegetables, more complex carbohydrates (pasta, rice), more fibre (whole grain breads and cereals);
- Reduce the amount of fat and sugar in your diet;
- Use less fat when cooking: broil, bake, steam, boil, grill or microwave your foods;
- Learn how to read and understand nutritional labels on food packaging;
- Recognize and be aware of why and when you eat (hunger vs. appetite);
- Drink water, and
- Learn proper portion sizes.





CHAPTER **2**

**BASICS OF NUTRITION –
PROTEIN, FAT &
CARBOHYDRATES**

Getting Heart Healthy on Fat
Heart Health - The Fat-Cholesterol Relationship
Complications of Low Fat Diets
Understanding Carbohydrates
Fabulous Fibre - Important for the Heart, Blood and Body



THE BASICS OF NUTRITION – PROTEIN, FAT & CARBOHYDRATES

Making healthy choices can be easy when you understand the basics of nutrition and how your body uses the food you eat.

To live we need three main types of food:
Protein, Fat and Carbohydrates

Protein is the building block of all organs and muscles. It is the cell's "food" that helps cells to grow and repair. Most average diets require between 50 and 100 grams of protein a day, which amounts to about 30% of your total daily calorie intake.

Fat is essential to survive and is important for your body to break down food for energy. Fat supports the internal organs of the body and insulates them. It is a critical nutrient stored for protection and used during times of hunger or famine. Most experts recommend consuming no more fat than 30% of your total daily calories. Some advise to limit fat intake to about 30 grams a day if trying to lose weight or to keep cholesterol in check; others suggest 60 grams a day as a maximum. The important thing to remember is to strictly limit your saturated fat intake.

CHAPTER 2

BASICS OF NUTRITION – PROTEIN, FAT & CARBOHYDRATES


Carbohydrates are the main source of fuel for the muscles and is the body's preferred source of fuel as carbs are made into energy faster than protein. If you eat more carbohydrates than your body uses the excess is turned into fat. Experts suggest that 40% of your total daily calorie intake should come from carbohydrates.

For more information on carbohydrates, see page 26.

Getting Heart Healthy On Fat

Trans fat, saturated fat, Omega 3: with all the focus these days on different types of fat, who can make sense of this? Where does cholesterol fit in?

In North America we consume more fat than our bodies need. Eating too much fat can be harmful and even fatal. A diet with too much fat can lead to heart attack, stroke, high blood pressure, and can affect our health with illnesses like diabetes and arthritis.



Knowing the difference between "good" and "bad" fats can make choosing foods easy.

When we eat extra fat that our body does not need for fuel, the excess gets converted to body fat and is stored in fat cells, which may result in obesity.

Understanding what makes a type of fat good or bad is not complicated.

"A healthy diet should have more unsaturated fat than saturated fat."

Saturated fats are considered bad fats and are usually solid at room temperature. They are found primarily in animal products like beef, pork, chicken skin and whole milk dairy products like cream, cheese and butter. Lard, vegetable shortening, coconut, and palm oils are also saturated fats.

Saturated fat raises blood cholesterol levels. A high intake of saturated fat is the main dietary cause of high blood cholesterol.²¹

CHAPTER 2

BASICS OF NUTRITION – PROTEIN, FAT & CARBOHYDRATES

Simple ways to minimize your saturated fat intake:

- choose lean cuts of meats. Or even better, wild meats such as bison, elk, moose or deer are on average leaner than store bought meats;
- cook with liquid oil and avoid solid fats such as vegetable shortening and lard;
- use less oil;
- avoid frying and deep-frying. Bake, roast, broil, boil, stew, poach, steam or BBQ;
- cut excess fat from meat before cooking and eating;
- avoid eating chicken skin and chicken fat;
- avoid or limit processed meats including bologna, pepperoni, salami, luncheon meat, and hot dogs. Instead opt for lean turkey or chicken slices, lean roast beef, ham, tofu dogs, and other lean alternatives such as tuna;
- eat fish in place of meat two to three times a week;
- avoid or limit full fat dairy products such as mayonnaise, sour cream, yogurt, and cheese. Instead, opt for light, low-fat or no-fat versions;
- avoid store-bought baked goods like muffins, cookies and cakes. Most contain hidden trans fat;
- read food labels: avoid products with “hydrogenated” or “partially hydrogenated” oil listed in the ingredients;
- use all-natural 100% peanut butter. Most popular brands include hydrogenated oils and sugar;

< TIP >

Unsaturated fats are usually liquid at room temperature.

- find recipes for baked goods that are low in fat. Angel food cake is a good example, or try fruit cobblers instead of pies;
- some recipes will work with applesauce or yogurt in place of half the fat called for. Some cakes call for vegetable oil (liquid) instead of butter or margarine, and
- use more egg whites in place of egg yolks in recipes, omelettes and scrambled eggs.

Unsaturated Fats are considered good fats and are usually liquid at room temperature. Aside from being found in fish, they are found primarily in plant sources such as canola, safflower, sunflower, corn, olives, soybeans, and nuts.

There are two types of unsaturated fats:

- **Monounsaturated Fat** includes avocado, canola, olive, and peanut oils.
- **Polyunsaturated Fat** includes safflower, corn and sunflower oils, soybeans, many nuts and seeds, flaxseed, and seafood.²¹

< **TIP** >
Saturated fats are usually solid at room temperature.

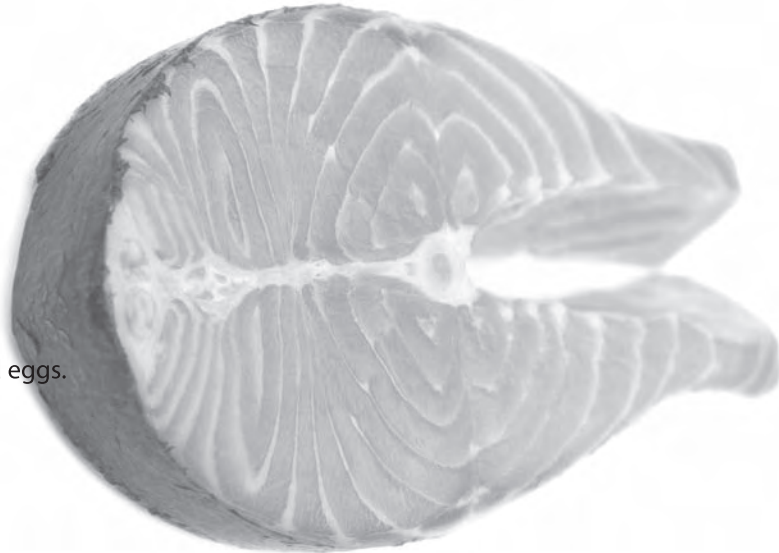
CHAPTER 2

BASICS OF NUTRITION—PROTEIN, FAT & CARBOHYDRATES

Omega 3— Diets around the world that are the most rich in Omega 3's coincide with the lowest incidences of heart disease. Studies have shown that a diet rich in Omega 3 can help to lower blood pressure, lower cholesterol and may actually help to prevent heart disease.²²

Omega 3 Sources:

- fish and seafood;
- flaxseed oil;
- flax seeds;
- hemp seeds;
- herring;
- mackerel;
- purslane;
- salmon;
- sardines;
- soybean oil;
- soybeans;
- walnut oil;
- walnuts, and
- Omega 3 fortified eggs.



< TIP >

Hydrogenated oil = trans fat.
Avoid products with
hydrogenated oil listed as
one of the ingredients.

Trans Fats are unsaturated fats (liquid fats) that have been altered by adding hydrogen to the fat which changes it to a bad or saturated fat. Hence the term hydrogenated oil.

Manufacturers do this to prolong the shelf life of packaged foods. For example, vegetable shortening and margarines are hydrogenated or partially hydrogenated oils.

ALARM: More and more studies are showing that trans fats might be even worse than unaltered saturated fats. Not only do they increase the bad cholesterol in the blood, they have been proven to decrease the heart healthy good cholesterol.

Manufacturers are not required to list trans fat on nutrition labels. So an easy way to tell if a product contains trans fat is to read the ingredient listing on packages. Avoid products that list hydrogenated oil or partially hydrogenated oil in the ingredients.

Dietary Cholesterol

Dietary cholesterol is the cholesterol found in food, and is different from blood cholesterol levels. Although dietary cholesterol may play a role in overall cholesterol levels, according to the Canadian Heart and Stroke Foundation, "fat, especially saturated fat, in the diet has a greater effect on blood cholesterol than dietary cholesterol."²⁴

CHAPTER 2

BASICS OF NUTRITION – PROTEIN,
FAT & CARBOHYDRATES*Heart health:
the fat–cholesterol relationship*

Cholesterol is a natural waxy substance that your body uses to build cell membranes and hormones. The liver naturally makes enough cholesterol on its own to meet the body's needs.

As many of us already know, having high blood cholesterol is a leading risk factor for developing heart disease and stroke.

Cholesterol levels in your blood come from both the cholesterol your body produces plus the cholesterol you consume in your diet. However, experts agree that a high level of cholesterol in your blood has more to do with eating a diet high in fat than it does with eating foods high in cholesterol.

A diet high in fat is the main dietary cause of high blood cholesterol. In particular, saturated fats stimulate the liver to produce more or excess cholesterol.

When there is too much cholesterol in the blood, the excess collects on the inside of blood vessels, causing a plaque build-up or “hardening” of the arteries. As the plaque builds up, blood vessels become clogged, the arteries become narrower and the blood cannot flow properly. A heart attack or stroke occurs when a blood vessel becomes clogged and cuts off blood flow to the heart or brain.²⁵



"Good" and "Bad" Cholesterol

Blood cholesterol testing usually includes measurements for:

- total blood cholesterol;
- LDL cholesterol (bad);
- HDL cholesterol (good), and
- triglycerides.

Research suggests that HDL cholesterol may protect against the build-up of plaque on the inside of blood vessels by helping to carry away LDL cholesterol from blood vessel walls.

A high intake of saturated fat is the main dietary cause of high LDL cholesterol.

CHAPTER 2

BASICS OF NUTRITION – PROTEIN, FAT & CARBOHYDRATES

Recent research suggests that unsaturated fats may assist in lowering overall cholesterol levels. In order to reduce cholesterol levels overall, it is recommended that you cut back on all fats, with a particular focus on saturated fat.

Eating Your Way To Lower Cholesterol

- choose foods low in saturated fat and total fat;
- use less fat in cooking;
- use mustard, salsa or chutney instead of mayonnaise on sandwiches;
- use no fat or reduced fat dairy products such as mayonnaise, cream cheese, milk, cheese, and sour cream;
- choose foods high in fibre;
- eat plenty of fruits and vegetables;
- choose foods low in dietary cholesterol;
- use olive oil in place of butter or margarine, and
- try to avoid butter and margarine completely, but if you must, use butter or margarine only sparingly.

In addition to diet, exercising and losing weight if you are overweight has also been proven to help lower cholesterol levels.

< TIP >

The pectin and gums in foods high in soluble fibre help to lower LDL (bad) cholesterol.

Apples, oatmeal, beans, and peas are all great sources of this type of fibre.

Complications of low-fat diets

"Good" Fat vs. "Bad" Fat

As already mentioned, fat is essential to your well-being. An extremely low-fat diet is not recommended unless you are already at an increased risk for heart disease and stroke and have been advised by your physician to cut back on fat and cholesterol.

Following a low-fat diet (less than 20 grams per day) for a prolonged period of time where the majority of your calories come from carbohydrates rather than protein or fat can be dangerous.

Nutritionists recommend avoiding saturated fats and instead consuming unsaturated fats within your foods that are rich in Omega 3's. This will ensure you are getting the fat you need, plus providing your body with more good than bad fats, which will help reduce your risk of heart disease without increasing your risk to developing diabetes.²⁶



CHAPTER 2**BASICS OF NUTRITION – PROTEIN,
FAT & CARBOHYDRATES****Balance is the key.**

Just as an exclusively low-fat diet is not the answer, neither is a low-carb diet. Your body requires both to function well.

So the answer is finding a balance between the carbohydrates, protein and fat you consume. Most nutritionists today recommend a ratio of 40/30/30—meaning 40% of your diet should come from carbohydrates, 30% from protein, and 30% from fat.

It cannot be stressed enough, however, that there are vast differences between good and bad fats, simple and complex carbohydrates, and high quality and low quality protein.

Understanding carbohydrates

There are two types of carbohydrates: simple and complex.

Simple carbohydrates break down rapidly into sugar but do not send a signal to our brains when we have had enough. Often, this means over eating simple carbs and too much sugar being produced in the blood.²⁷

Some examples of simple carbohydrates are:

- jam, jelly and honey;
- white and brown sugar;
- white (refined) flour;
- white bread;
- white rice;
- soda pop;
- molasses;
- corn syrup;
- fruit sweeteners, and
- candy.



CHAPTER 2

BASICS OF NUTRITION – PROTEIN, FAT & CARBOHYDRATES

Complex carbohydrates tend to be more healthy and satisfying than simple carbohydrates. Because they are bulky and fibrous, complex carbohydrates are filling without being fattening and have proven to be important in the digestion of fats and proteins. Complex carbohydrates take longer to break down into blood sugar and therefore enter the bloodstream at a slower rate with less impact on the blood sugar levels. Some complex carbohydrates such as oats have also been proven to lower bad (LDL) cholesterol in the blood. They are also an excellent source of vitamins and minerals.

Complex carbohydrates include:

- fruits;
- vegetables;
- whole grains;
- beans;
- sweet potatoes;
- brown rice;
- whole wheat bread, and
- split peas.



Fabulous fibre – important for the heart, blood & body

Fibre is found in fruits, vegetables, whole grains, nuts, seeds and beans. Experts agree a person should consume between 25 to 35 grams of fibre a day.

Eating fibre:

- protects against heart disease;
- protects against gall bladder disease;
- lowers bad cholesterol;
- lowers high blood pressure;
- cleans the intestines, digestive and waste tracts;
- slows the absorption of glucose from the small intestine;
- helps you to feel full and lose weight, and
- protects against colon cancer, constipation, hemorrhoids, and varicose veins.



CHAPTER 2

BASICS OF NUTRITION – PROTEIN, FAT & CARBOHYDRATES

There are two types of fibre: soluble and insoluble.

Insoluble fibre, found in whole grains and seeds such as bran and flax, cleans the digestive and waste tracts. It is filling without adding extra calories and aids in weight loss.

Soluble fibre is found in fruits, vegetables and beans. Soluble fibre helps to avoid blood sugar highs and lows by slowing the absorption of sugar.

< TIP >

Reach for an apple a day.
Apples have 3 grams of
fibre each.

Get your 5 to 11
servings per day:
All fruits and
vegetables contain
soluble fibre –
proven to help lower
cholesterol

SOME HIGH FIBRE SUPER FOODS

FOOD	AMOUNT	FIBRE (GRAMS)
RASPBERRIES	1 CUP	7
BLUEBERRIES	1/2 CUP	2
BLACKBERRIES	1 CUP	6
APPLE	1 MEDIUM	3
CRANBERRIES	1/2 CUP	2
STRAWBERRIES	1 CUP	2
OAT BRAN	1/3 CUP (DRY)	7
OATMEAL	1 oz. (DRY)	3
BARLEY (NOT REFINED)	1/4 CUP (DRY)	8
BRAN (WHEAT)	1/4 cup (DRY)	6
WILD RICE	1/4 CUP (DRY)	2
BROWN RICE	1/4 cup (DRY)	3
SWEET POTATO	1 MEDIUM	4
BROCCOLI	1 CUP	2
PARSNIP	1 CUP	3
PEAS, GREEN	1/2 CUP	4
ALMONDS	3 Tbsp.	3
WALNUTS	1/4 CUP	3
BAKED BEANS	1/2 CUP	8
BLACK BEANS	1/4 CUP (DRY)	15
KIDNEY BEANS	1/4 CUP (DRY)	15
SPLIT PEAS	1/4 CUP (DRY)	11

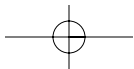
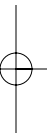
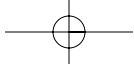


The list on page 30 contains only some high fibre foods, so it's worth doing a little research on your own. Reading food labels is a good way to familiarize yourself with fibre.

Fibre only comes from plant food sources that have not been refined. Meat and other animal products such as cheese do not contain any fibre. While they come initially from plant sources, sugar and all-purpose flour has had all of the fibre removed during processing.

Simple ways to incorporate more fibre in your diet:

- eat a piece of fruit instead of drinking fruit juice;
- have oatmeal or oatbran for breakfast;
- add barley or brown rice to soups;
- toss some bran into casseroles, meatloaf, and meat sauce;
- use oat bran to thicken stews instead of flour;
- add legumes, beans and peas to soups and tacos;
- baked beans are a great side dish and freeze well;
- toss a handful of blueberries or nuts into foods whenever you can;
- eat full grain or whole wheat bread instead of white bread;
- read the label on bread bags for fibre content;
- substitute bran or whole grain flour for white flour in baking;
- add a teaspoon of wheat germ to cereal;
- add a teaspoon of bran to yogurt for a crunchy snack, and
- eat fruit or vegetables whenever and wherever you can.





CHAPTER **3**

**LOSING WEIGHT &
MAINTAINING A HEALTHY
BODY WEIGHT**

Why Should I Count Calories?
Understanding What You Eat
The Benefits of Physical Activity



WEIGHT CONTROL

Since **obesity** is closely linked to diet and has such negative health effects, this chapter offers practical tips on weight control.

If you are overweight and are serious about trying to lose weight, don't be fooled by diets that claim you can lose 30 pounds in 30 days. While the allure of rapid weight loss is tempting, be warned: rapid weight loss could lead to more stubborn weight gain after you return to your old habits. The only safe way to lose weight—and to keep it off—is by exercising and making permanent changes to your diet.

The best recipe for lasting weight loss means finding a diet plan you can live with for the rest of your life that is healthy and suits your tastes and needs. Don't set yourself up for failure by starving or denying yourself of your favorite foods. Even the most determined people end up quitting when their diets are too restrictive.

CHAPTER 3

LOSING WEIGHT & MAINTAINING A HEALTHY BODY WEIGHT

Why should I count calories?

If you want to lose weight but don't want to follow a set diet plan, you may want to consider counting the calories you consume.

The problem for those of us who are overweight is that we consume more than our bodies can use.

When we see thin people eating the same foods we do we tend to accept our weight as being something we cannot control.

To add to all of our confusion, there is the constant barrage of advertisements and fancy packaging enticing us to buy and eat food that claims to be healthy containing "6 grams of fat," "zero carbs" or "high in fibre."

This is where counting calories comes in handy. Counting calories is helpful to find out just how much you really eat in a day and how much you need to eat to achieve your goals.

Counting calories also helps to make sure you are eating enough food to lose weight and is an easy way to keep track of the amount of food you eat .



Each pound of body fat contains approximately **3,500 calories**. For each 3,500-calorie deficit created through diet, exercise or a combination of both, **you will lose one pound of body weight.**

How Does it Work?

Simply put, the human body needs energy to live. We use energy every minute of everyday and this energy comes from the food we eat or from excess food we ate that got stored as fat. The basic logic is that if you eat less than what your body needs, your body will use your stored fat for energy. As it uses the energy you have stored as fat, you lose weight.

Almost all food packages have nutritional labels and the calories are usually listed first under serving size. Take a look at a few labels to familiarize yourself with nutritional information in some of your favorite foods. Also note the serving size since one serving doesn't necessarily mean the whole package.

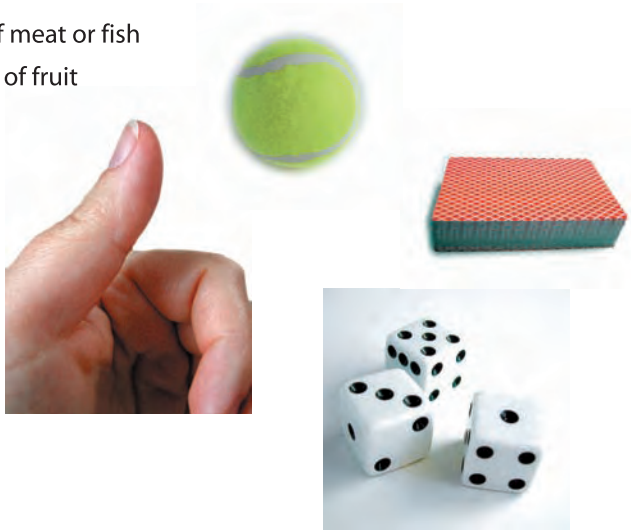
CHAPTER 3

LOSING WEIGHT & MAINTAINING A
HEALTHY BODY WEIGHT*Understanding what you eat*

Step One: learn to measure. The first step toward permanent weight loss is to understand how much you actually eat. Take a look at some measuring cups and spoons and get a feel for the approximate size of each. For at least one day, measure everything you eat. This will give you an idea of what size your food portions are.

No one wants to measure everything forever, so an easy way to estimate measurements is:

- 1 cupped hand = about 1/2 cup
- 1 thumb tip = about 1 teaspoon
- a deck of cards = about 3 oz. of meat or fish
- 1 tennis ball = 1 medium piece of fruit
- 3 dice = 1 oz. of cheese



Step Two: record what you eat for three days. Eat what you normally would for 3 days and write everything down. Everything. If you take a bite of your kids' pizza, write it down. If you take a sip of pop, write it down.

When you record what you ate, try to write it down in measured amounts, for example:

- 1 bowl of corn flakes with milk and sugar should be recorded as 1-1/2 cup of corn flakes, 1/2 cup milk, 1 teaspoon of sugar.

Step Three: total up your calories. Pick up a book of food counts (the Internet has many sites which have calorie food calculators you can use for free). After 3 days total up how many calories you had each day. Even better, also try to estimate how many grams of protein, fat and fibre you are eating a day. You may be surprised by what you find!

Step Four: Take a quick review and see if you notice any patterns of "empty" calories in your diet. Take a good look at where you have empty calories (foods that don't offer much in the way of nutrition but increase your calorie intake). For example, do you use cream and have 2 teaspoons of sugar in your coffee each morning? Do you have a can of pop each afternoon? Do you have a piece of white bread toast and butter along with your eggs?

Each can of pop
contains about 150
empty calories. If you
drink 1 pop every day, you
can lose 2 pounds a
month just by
eliminating your daily
can of pop from
your diet.

CHAPTER 3

LOSING WEIGHT & MAINTAINING A HEALTHY BODY WEIGHT

Step Five: Try to reduce the repeat offenders. Ask yourself if it is possible to make simple changes to the empty calories you are consuming. Can you do with a little less cream and sugar in your coffee? Can you have a water or diet soda instead of pop? (Watch what you drink. Some artificial fruit drinks contain more sugar than soft drinks). Can you skip the white bread and butter, or can you change the white bread to whole grain bread?

If you do nothing more than eliminate the empty calorie offenders from your diet you're doing well.

Step Six: Take notice of the amount of fruits and vegetables you are eating in a day. Do they add up to between 5 and 11 servings? Most people would be surprised to know they are not getting the recommended amount. Remember, fruits and vegetables are filled with heart healthy fibre that leaves you feeling fuller for longer, increasing your fruits and vegetables can help in your weight loss efforts.

Ready to Count Calories?

Now that you are familiar with the concept of calories and have an idea of what you eat in a normal day, you can begin to work on making small changes to what you eat.

Keep a calorie journal for a period of time you feel comfortable committing to. It could be a few weeks or a few months. Tally your calories as you go along during the day. When you reach your set amount for that day, stop eating. At first you might find that you "spend" all your calories on small, high-calorie meals which leave you feeling hungry. Make small changes by choosing lower calorie foods that fill you up because you get to eat more of them.

Seven easy changes you can make towards a healthier lifestyle:

- 1. Eat every 2 to 3 hours.** Eating small meals every 2 to 3 hours keeps your metabolism stoked and your blood sugar levels steady. When your body knows it's not starving it's more willing to give up some of the calories stored as fat when you try to lose weight. When you eat smaller meals more frequently you feel less hungry.
- 2. Eat breakfast.** Studies have shown that eating breakfast helps to avoid afternoon and evening binges.
- 3. Increase your intake of fibre by snacking on fruits and vegetables.** Fibre digests more slowly than processed foods leaving you feeling fuller and satisfied for longer. Fruits and vegetables also offer vital minerals and nutrients you can't get from other snacks. The fibre in fruit and vegetables also helps to lower cholesterol—an added benefit.
- 4. Get more physically active in small ways.** In addition to a regular exercise program, park your car further away, take more steps a day, take the stairs, do something that requires movement while watching TV. Adding more physical activity to your day in little ways adds up.
- 5. Cut back on empty calorie foods.** Foods that are empty of nutrition are considered empty calorie foods. Try to see your food as fuel for your body rather than something to only satisfy your appetite. Cut back on foods that offer little nutritional value. Skip the soda pop and chips—grab an apple instead.
- 6. Traditional foods aren't just for feasts.** Eat traditional and indigenous foods whenever you can in place of processed modern foods. Traditional foods have been shown to help control Type 2 diabetes. (see Chapter 4 for more information)
- 7. Drink more water.** The human body is 75% to 95% percent water (depending on age). Drinking water helps your body in eliminating damaging toxins and keeps your organs and brain hydrated and functioning. Coffee, tea, and alcohol are all diuretics. They promote the elimination of water from your body through urine. Try for 8 cups of water a day.

CHAPTER 3

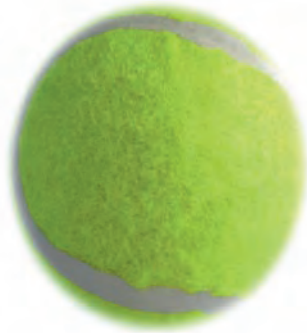
LOSING WEIGHT & MAINTAINING A HEALTHY BODY WEIGHT

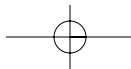
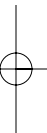
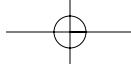
The benefits of physical activity

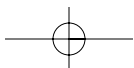
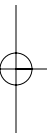
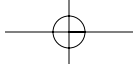
In addition to diet, physical activity is the most important method of maintaining a healthy body weight. In fact, many physicians consider a regular exercise plan the number one predictor for long-term weight stability.²⁹

The benefits of physical activity to your health are many:

- lowers blood sugar levels;
- helps insulin to work better;
- uses up extra fat in the body;
- improves the health of our bodies:
 - * relieves tension and stress
 - * improves digestion
 - * improves circulation of blood
 - * gives you more energy
 - * generally makes you feel better
- keeps our hearts in shape:
 - * lowers high blood pressure
 - * lowers high cholesterol
- burns off calories (energy from food) and helps to manage body weight:
 - * decreases excessive appetites
- improves sleep and sexual energy.





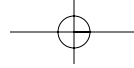




CHAPTER **4**

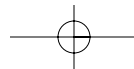
**TRADITIONAL FOOD -
EATING YOUR WAY
TO HEALTH**

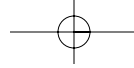
A Case Study – Diabetes Among Pima Indians of the
Southwestern United States
A Return to a Traditional Diet



Traditional Food **Eating Your Way to Health**

The growing epidemics of diabetes, obesity and heart disease in Aboriginal communities all point to one culprit: the modern North American diet. Although genetics, rates of smoking, activity levels, environmental and other factors also contribute, studies have shown the benefits of returning to a more traditional diet.

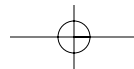




Traditional foods are low in bad fats, high in good fats, high in lean quality protein, high in fibre and complex carbohydrates, low in simple carbohydrates, and contain zero or little refined and processed foods.

Many foods such as bannock and fried bread that contain large amounts of flour and lard are considered by many to be traditional. While not healthy, they do not have to be given up entirely. It is important to look at how much and how often these foods are eaten to make them a part of a balanced diet.

When the Aboriginal diet was primarily from the land—animals and fish, berries and plants—the way of life was much different. People were kept extremely active on a day-to-day level. TV did not exist. Washing machines did not exist. Grocery stores did not exist. And neither did many of the leisure activities we enjoy today. Leisure time was minimal. In a typical day in a Métis community not too long ago, people collected and chopped wood for heat, hunted, spent time in the bush and on the water, prepared meat and skins, made moccasins and clothing, cooked from scratch, farmed, harvested food from the land, washed clothes by hand, and much more. There was a lot of physical work.



CHAPTER
4TRADITIONAL FOOD
EATING YOUR WAY TO HEALTH

Before the change to today's diet and lifestyle, any excess food that was eaten did not lead to the weight gain like it does today because people were more active. Extra stores of fat were used up by working hard. There were also times when food was scarce. There were times of plenty and times of scarcity. Today there is an overabundance of food available all year round. But it is not always good food.

Not so long ago, a piece of bannock with a little lard and some tea might have been a complete meal. Most often bannock was eaten with meat, stew, soup, or as a dessert after the meal. So although bannock, pies, and baked goods became traditions within Métis families and communities, the mainstay of the diet up until recently was still wild meat and fish, fruits in season, vegetables from the garden, and preserves for most of the year.

Nowadays, there is all the food you can eat: bannock, eggs, bacon, bologna, fast food burgers, fries, white bread, pasta, butter, macaroni, cheese, chocolate, cakes, chips, and pop. You name it, and we have it, available all year round.

Food security is an issue in Métis communities. There is evidence that poverty and a lower standard of living than the general Canadian population is a fact of life for many Métis, including children. A trip to the food bank is not unthinkable for many young families. Today there is an overabundance of food available all year round and it is not always good food.

White bread, processed meats, low quality meats, potato chips, frozen foods, canned foods, boxed foods, prepared meals, instant foods, take out and fast foods dominate many diets today, especially in urban areas. Traditional foods are perhaps eaten at feasts and other special occasions, if at all.

Simply put, our people's declining health can be helped. And returning to a more traditional diet may just be the key.

A case study – diabetes among Pima Indians of the Southwestern United States²⁸

The Pima Nation's traditional territory encompasses parts of the southwestern United States and northern regions of Mexico. Pima today live in both the United States and Mexico.

In an ongoing partnership between the Pima Indian Nation of the southwestern United States and the National Institute of Diabetes and Digestive and Kidney Disorders (NIDDK), a 30-year study has been helping find answers to the possible genetic links between peoples and diabetes.

Coined the "thrifty gene," scientists have concluded that a genetic tendency to retain fat may cause the epidemic of obesity seen in the Pima Indians. This thrifty gene developed over eons to ensure the survival of Aboriginal Peoples in times of hunger and starvation. Obesity has also been found to be a determining factor in the development of diabetes.

CHAPTER

4

**TRADITIONAL FOOD
EATING YOUR WAY TO HEALTH**

Traditionally the diet of the Pima consisted of beans, corn, squash, chilies, acorns, and starchy roots. Today, their traditional diet has been almost entirely replaced by fast foods and processed foods. The result has been an epidemic of obesity with almost 80% of all adults suffering from Type 2 diabetes—the highest rate in the entire world.³¹ Previously, Type 2 diabetes had not been seen in children. But alarmingly, many of the Pima children are considered morbidly obese and are also suffering from Type 2 diabetes.

The study of the Pima in the U.S. is particularly interesting because of their close relatives living in remote mountains in Mexico who have not adopted a western diet. The Mountain Pima of Mexico have remained lean, active and free of the diseases characteristic to western civilization.

Researchers also found that when some of the Pima of the United States were put back on a diet of their traditional foods, the obesity, diabetes, and hypertension reversed.

A return to a traditional diet

It is simply not realistic for most to return to a completely traditional diet and way of life. However, there are many simple changes we can make in adopting a diet that is more in keeping with our genetic make up:

- reduce or eliminate the 5 main “whites”: white flour, white sugar, white rice, white bread, and salt;
- reduce consumption of processed, canned and cured meats such as bologna, hot dogs, pepperoni, etc.;
- increase consumption of bison in place of beef;
- increase consumption of lean meat and wild meat;
- increase consumption of fish;
- increase consumption of fruit that is indigenous to your part of the world and eat plenty of the type of fruit that is in season at the time;
- freeze berries and use all winter;
- reduce the use of butter, vegetable oil, margarine, lard and shortening in cooking;
- eat simple, clean foods whenever possible—stews, soups, roasts, etc.;
- eat more traditional vegetables or nuts which may include nettle leaves, squash, beans, wild leeks, wild hazelnuts, roots (warning: it is not recommended that wild plant foods be adopted into a persons diet without prior knowledge of edible plants or proper instruction on edible plants);
- drink more natural teas;
- drink more water;
- choose natural, sugar-free fruit juices instead of pop and artificially flavoured drinks, and
- reduce your intake of full fat dairy products such as cheese, cream, milk, mayonnaise, etc.



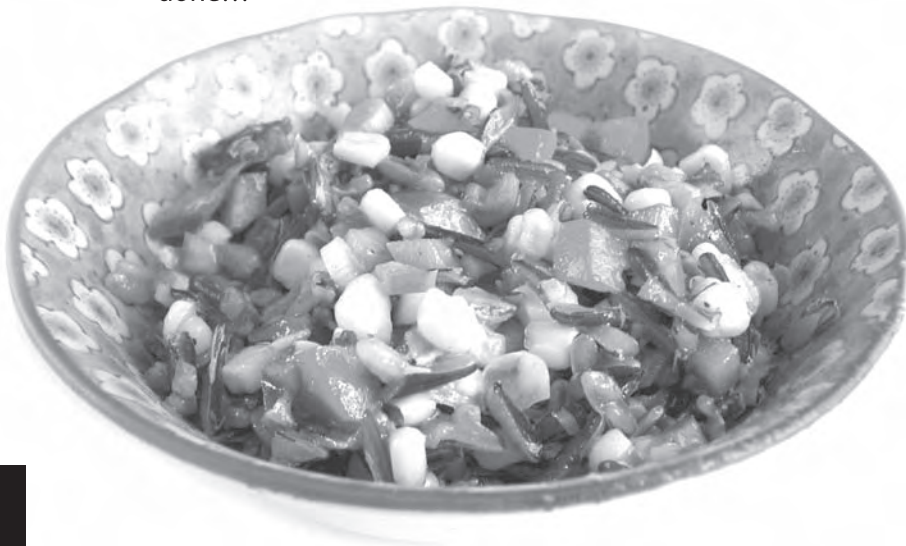
**Ounce for ounce:
bison has half the
calories, 75% less total fat,
about 75% less saturated fat,
and 25% less cholesterol
than lean beef.**

Source: Cholesterol for Dummies, 2002.

CHAPTER
4**TRADITIONAL FOOD
EATING YOUR WAY TO HEALTH****Traditional Métis Foods**

According to Dr. Anne Anderson, a renowned Métis scholar, Elder and author, traditional ways of cooking were simple and healthy:

All fresh meats were prepared the same, which was by drying and smoking and cooking by the open fire stake method, also the pounded dried meats for pemmican... They are the purest of foods, cured by help of nature, to dry and preserve and make available for use as needed. The only sweetness was from eating berries. The foods years ago were pure and wholesome and contained the most essential vitamins for the body, which was the secret to long life, good teeth and health. Strong legs were accounted for by the miles of walking done...³²



The following list contains the names of some traditional foods and the ways of preparing them. This is only a partial list in both English and the y-dialect of Cree; but it gives you a good idea of some traditional Métis and First Nations foods.³³

âhkiskow:

PRAIRIE CHICKEN

âmisk-osoy ka pukâhtâhk:

BOILED BEAVER TAIL

âpsi moosos kâ misiwe nawachêhk:

ROAST DEER

âpsi-mooso-mêchimâpohkan:

DEER MEAT STEW

âtihkâmek kâ pakâsoht:

BOILED WHITEFISH

âtihkâmek kâ pâsoht:

SMOKED WHITEFISH

âtihkâmek kâ sekonih:

BAKED WHITEFISH

âtihkâmek kâ nawachêhk:

FRIED WHITEFISH

e kuskâpusumihk:

SMOKED MOOSE TONGUE

e mestusohk:

SAPPING TREE TREATS

e nitâwawehk:

GATHERING WILD FOWL EGGS

ênsip:

MALLARD DUCK

kâ misiwe kusamihk:

ROAST ELK MEAT

kâhkewak:

DRIED MEAT

kâhkewak kâ pakâhtâhk:

BOILED DRIED MOOSE MEAT

kâkwa:

PORCUPINE

kekek:

FALCON HAWK

kinosew yewayikunak:

POUNDED DRIED FISH

kinoswe kâ yêwahoht:

DRIED FISH

masân:

COOKED NETTLE GREENS

mênisa:

BERRIES

mênisapohkân:

MEAT AND SASKATOON BERRY SOUP

mistanikwachâs kâ nawachêhk:

ROAST GOPHERS

mooso – mitihthkosé:

MOOSE KIDNEYS

moosokot:

MOOSE NOSE

mooso-otâmiyawa:

MOOSE TRIPE

moosokwun:

MOOSE LIVER

moos-ospikaya:

MOOSE RIBS

moosote mēna miteyine:

MOOSE HEART AND TONGUE

mostosowêhkusko wâpoy:

SAGE TEA

muskego pukwa:

MUSKEG TEA

musko-kâhkewak:

DRIED BEAR MEAT

niska kâ pakâsimiht :

BOILED GOOSE

okinēyak:

ROSE HIPS

pâhkwesikun:

BREAD

pakânak:

WILD HAZEL NUTS

pimêhkân:

PEMMICAN

pisiw opwâma kâ nawachêhk:

ROAST LYNX HAMS

pukwachi âskipwâwa:

WILD POTATOES

pukwânâhtikwak:

WILD RHUBARB

puskwâw mostos:

BISON (PRAIRIE COW)

sâkâw pihew:

PARTRIDGE

sêkosâkunak:

CRACKLINGS

sêsêp ka nawachêhk:

ROAST WILD DUCK

sêsêp mêchimâpoy:

WILD DUCK SOUP

sikâk:

SKUNK

tukwahiminâna:

CHOKECHERRIES

wachusk:

MUSKRAT

wachusk ososa:

MUSKRAT TAILS

wâhkichanâk:

WILD RICE

wâpoos kâ chêpatahoht:

RABBIT COOKED ON THE OPEN FIRE

wâpoos mêchi-mâpohkân:

RABBIT STEW

wâpoos mêchimâpoy:

RABBIT SOUP

wâwâskesiw:

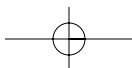
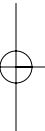
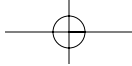
ELK

wêchekuskosêya:

WILD ONIONS

*(stinking grass)***wênasakâtêhp:**

GROUND HOG





CHAPTER

5

MÉTIS FOODS

Traditional Food Recipes

- Baked Pheasant with Wild Rice • Baked Prairie Chicken • Bannock Bread
- Bear Stew • Canned Wild Meat • Caribou Short Ribs • Cough Medicine
- Crushed chokecherries • Elk Loin Roast in Wine Sauce • Huron Corn Soup
- Li Bouillette • Li Galette Bannock • Li Glissantes • Moose Stew
- New Year's Pudding • Quick Soup • Rhubarb • Rice Pudding • Roast Mallard Duck
- Sage Rubbed Roasted Bison • Smoked Elk Tongue • Squirrel with Parsley
- Stewed Rabbits with Onions • Stuffed Moose Heart • Venison Soup
- Venison Steaks • Wild Rice Bannock or Biscuits • Wild Rice Salad
- Wild Rice Stuffing for Game Birds • Willow Bark

Additional Recipes

- Chicken and Mushroom Casserole • Dill and Fennel Biscuits
- Gail's Terrific Turkey Meatloaf • High Fibre Raisin Cobbler
- High Fibre Low Fat Apple Crisp • Mexican Style Chicken Soup
- Simply Delicious Vegetables • Vegetable Rice Pilaf

Nutrition and Calorie Food Chart

BAKED PHEASANT with Wild Rice

Breast, legs, thighs of 2 pheasants

¾ cup wild rice

1 Tbsp. grated onion

1 Tbsp. chicken stock base

¼ lb. of butter

1 (13 oz.) can of mushrooms

Dip pheasant in water and brown. Cut breasts in half. Place rice, salt, and pepper into a large greased casserole and add onion. Add mushrooms with juice.

Place pheasant on rice mixture. Add chicken stock base and dissolve in the 2 cups of water. Dot with butter. Bake at 350°F for 1.5 hours.

*This recipe first appeared in the Métis Cookbook of Culture.
Permission granted by the Nipawin Métis Local #134.*

1 prairie chicken

¼ cup flour

½ tsp. salt

¼ tsp. pepper

½ tsp. savoury

dash of thyme and basil

slice of bacon

¼ cup butter

BAKED Prairie Chicken

Dredge bird with flour, salt, pepper and savory. Sprinkle thyme and basil on strip of bacon, roll up and fasten with toothpicks. Place bacon in body cavity and close the opening.

Brown bird in butter in a skillet. Transfer to a baking dish. Cover and bake in a 325°F oven for 1 hour or until tender.

*This recipe first appeared in the Métis Cookbook of Culture.
Permission granted by the Nipawin Métis Local #134.*

Mix flour, baking powder and salt. Add the water and mix rapidly.

Bake at 425°F for 20 minutes.

*This recipe first appeared in Native Cooking, 2nd ed.
Recipe by Marla Bryant. Permission Gail LeBlanc.*

BANNOK BREAD (Epangishimog Pakwejigan)

3 cups flour
1 Tbsp. baking powder
1½ tsp. salt
1½ cup water
1 cup blueberries

Remove all fat and cut stewing meat into bite-size pieces. Heat lard in a saucepan over medium high heat. Season meat with salt and pepper and brown on all sides. Remove meat and set aside.

Turn heat down to medium. Fry onion and garlic until brown. Add tomato paste and flour, and fry for a few more minutes. Stir in vinegar and wine, scraping off all solids from bottom of pan. Add broth and bring to a boil, stirring constantly. Return meat to the pan, add all herbs and juniper berries; cover and simmer slowly for 2 hours until meat is tender. Stir occasionally and add water if sauce becomes too thick.

BEAR Stew

3 lbs stewing meat
1 clove garlic, chopped
4 Tbsp. flour
½ cup dry red wine
½ tsp. thyme
2 bay leaves
4 Tbsp. lard
1 small chopped onion
1 Tbsp. tomato paste
1 Tbsp. red wine vinegar
1½ cup beef broth
½ tsp. ground cinnamon
10 juniper berries

*This recipe first appeared in Native Cooking, 2nd ed.
Permission granted by Gail LeBlanc.*

CANNED WILD MEAT (Deer/Elk/Moose)

**Slice meat real thin.
Salt and pepper.**

Recipe courtesy of Elmer Ross.

Sear on both sides in a frying pan. Pack as many as you can in glass jars. Boil the jars for at least 1 hour in a canner. It will keep that way for years as long as the jars are well sealed. Makes good sandwiches.

CARIBOU Short Ribs

6 pieces of caribou short ribs

(cut in 3 inch lengths)

1 tsp. salt

dash of paprika

1 onion, chopped

1 cup water

2 Tbsp. Worcestershire sauce

½ cup diced celery

2 Tbsp. flour

⅛ tsp. pepper

2 Tbsp. canola oil

2 Tbsp. brown sugar

½ tsp. dry mustard

¼ cup cider vinegar

*This recipe first appeared in Native Cooking, 2nd ed.
Permission granted by Gail LeBlanc.*

COUGH Medicine

Simmer pine needles for 20 to 30 minutes. Strain and mix with honey.

Recipe courtesy of Elmer Ross.

Combine flour, salt, pepper and paprika; rub seasoned flour on short ribs. Sear ribs in hot fat then remove and place ribs in a casserole dish.

Keep fat in the pan and add chopped onion, stir until golden brown. Add all remaining ingredients; heat to near boiling. Pour over short ribs. Cover and bake at 375°F until tender—about 2 hours.

CRUSHED Chokecherries

Place desired amount of chokecherries in pot, add one inch of water. Boil for 10 minutes. Turn heat down to medium for 5 minutes; by then the chokecherries will be of a mushy consistency. Add $\frac{1}{3}$ slice lard and flour until it thickens. Stir in $\frac{1}{3}$ cup white sugar and remove from heat. Serve as is or with traditional meal of potatoes and boiling beef.

chokecherries
water
flour
 $\frac{1}{3}$ slice lard
 $\frac{1}{3}$ cup white sugar

Recipe courtesy of Irene Dimick.

ELK LOIN ROAST in Wine Sauce

Heat oil in heavy bottom roasting pan. Season roast with salt and pepper. Brown all sides. Remove meat and set aside. Fry vegetables, garlic and bay leaves until soft. Add tomato paste and thyme and fry slowly for another 5 minutes.

Stir in wine, scraping off solids from the bottom of pan. Stir in beef broth. Return roast to pan, cover tightly and place in oven at 360°F for 2 to 3 hours.

Remove meat and discard bay leaves. Put liquid with the vegetables into a blender and puree the sauce. Slice and serve.

3 lb. roast
1 carrot, chopped
salt and pepper to taste
2 bay leaves
 $\frac{1}{2}$ tsp. thyme
1 cup beef broth or water
3 Tbsp. oil
1 large onion, chopped
1 clove garlic
1 Tbsp. tomato paste
 $\frac{1}{2}$ cup dry red wine

*This recipe first appeared in the Métis Cookbook of Culture.
Permission granted by the Nipawin Métis Local #134.*

HURON CORN SOUP (Nadowessabo)

4 flanks of beaver (or 4 slices bacon)
½ cup of onions or wild garlic
2 cups chicken broth
¾ tsp. of celery salt
1 cup mashed potatoes
2½ cup of creamed corn
1½ cup of evaporated milk or cream

*This recipe first appeared in Native Cooking, 2nd ed.
 Recipe by Marla Bryant. Permission granted by Gail LeBlanc.*

Brown cut-up pieces of beaver (or bacon) with onions at low to medium heat. Heat chicken broth and add beaver (bacon), onions, celery salt, and mashed potatoes. Add cream of corn and milk.

Stir slowly at low to medium heat—do not boil. Add water if soup is too thick.

Li Bouillette

potatoes
onions, chopped
carrots
salt
water
lean ground beef
pepper
1 egg
flour

Recipe courtesy of Francis and Betty Fisher.

Peel and cube potatoes and place in a soup pot. Chop some onions and carrots and add to the potatoes. Sprinkle some salt on the vegetables and cover with water. Turn on stove to boil. Take some lean ground beef and put in a bowl, add salt, pepper, some chopped onions and 1 egg. Mix well and add some flour to hold the meatballs. Once all mixed, shape into small meatballs. Add to boiling potatoes, onions and carrots, cover and cook until hamburger is cooked. When done you can thicken soup with a mixture of flour and water similar to the same mixture used to make gravy. Serve with warm bannock.

Mix well and add 2 to 2¾ cups of water (or milk). Mix gently until a soft dough is formed. Grease a baking dish and place bannock dough in the pan, pick the dough with a fork, place in the oven at 400°F and bake until golden brown. When done let rest in a tea towel until cool enough to cut. For variety you can add buttermilk in place of the water or milk but make sure to also add 1 tsp. of baking soda to the buttermilk before adding to the flour mixture. Grated cheese can also be added to give the bannock flavour. For a sweeter variety you can add ¾ cup of sugar along with either 1 cup of raisins or 1 cup of dried cranberries.



Li GALLETTE Bannock

5 cups flour
3 tsp. baking powder
2 tsp. salt
3 Tbsp. lard

Recipe courtesy of Francis and Betty Fisher.

Add flour to this mixture until it makes a very firm dough. Roll out until fairly thin cut into long strips and then again into small squares. Add to your soup and let cook covered until done. This is a good way to add more substance to your soup.

Li Glissantes

3 eggs
1 tsp. baking powder
salt and pepper

Recipe courtesy of Francis and Betty Fisher.

MOOSE Stew

1lb. moose meat, cubed
½ cup chopped celery
½ cup chopped onion
¼ cup green pepper
1 cup water
½ cup chopped carrots
2 cups cubed potatoes
¼ cup flour
2 Tbsp. canola oil
salt and pepper to taste

*This recipe first appeared in Native Cooking, 2nd ed.
 Recipe by William Badcock. Permission granted by Gail LeBlanc.*

Blend salt and pepper with flour and sprinkle over meat until well coated. Brown meat and cooking oil, add water and seasonings and cook over low heat for 2 hours. Add vegetables, cover and continue cooking for another 45 minutes.

Sprinkle remaining flour into stew and thicken until desired consistency is reached.

NEW YEAR'S Pudding

½ cup ground suet
2 cups raisins
1 cup all purpose flour
½ cup sugar (brown or white)
½ tsp. nutmeg
½ tsp. cloves
¼ tsp. salt
1 Tbsp. baking soda
1 cup warm milk

Recipe courtesy of Elmer Ross.

Mix together in a bowl suet and raisins and rest of ingredients except baking soda. Stir baking soda into warm milk adding to bowl. Batter will be very thin. Pour into well-greased pudding pan and steam it for 2 hours.

Note: In old days used whatever was available added more flour thick batter tie it in heavy cloth bag and boiled it till cooked.

Make sweet sauce laced with brandy and pour over pudding.

QUICK SOUP (Abnakisknabo)

Mix all and bring to a boil
(approximately 5 minutes)
then serve.

*This recipe first appeared in Native Cooking, 2nd ed.
Recipe by Marla Bryant. Permission granted by Gail LeBlanc.*

40 oz. canned tomatoes
¼ tsp. onion salt
2 cups milk
18 oz. can of corn nibblets
pepper to taste



RICE Pudding

18 cups water
5 cups long grain rice
1½ cups white sugar
6 - 8 Tbsp. cinnamon
2 cups raisins

Recipe courtesy of Irene Dimick.

Bring water to boil. Add rice. Let boil for 30 minutes, turn down to medium heat for 10 minutes. Stir in raisins, white sugar and cinnamon. Can be served chilled or warm with milk or cream.

RHUBARB

Cook rhubarb by simmering. It is good for the intestinal track.

To get rid of intestinal worms, simmer root and drink like tea.

Recipe courtesy of Elmer Ross.

Wash duck and wipe dry. Sprinkle body cavity with salt. Sprinkle remainder of the salt and pepper on the outside of the body. Place apple and onion in the body cavity.

ROAST Mallard Duck

1 to 1½ lb. mallard duck
⅛ tsp. pepper
1 small onion, peeled
1½ tsp. salt
½ pared cored apple
2 thin slices salt pork

Truss bird and place in a rack in an uncovered baking pan or roaster. Lay the slices of salt pork over the breast.

Place bird in a very hot oven of 500°F and roast for 15 to 20 minutes, for rare. If preferred well done, roast for 30 minutes.

This recipe first appeared in the Métis Cookbook of Culture. Permission granted by the Nipawin Métis Local #134.

SAGE RUBBED Roasted Bison

Rub the roast with oil.

Mix all the dry ingredients and roll the roast in the mixture.

Pour the water into a roaster, place in the roast. Cook at 300°F for 1 hour. Remove lid and baste every 20 minutes. Lower temperature to 275°F and continue cooking for another 1.5 hours.

2½ lb. bison roast
1 tsp. salt
2 Tbsp. olive or canola oil
3 Tbsp. ground sage
1 Tbsp. pepper
1 cup water

This recipe first appeared in the Métis Cookbook of Culture. Permission granted by the Nipawin Métis Local #134.

SMOKED Elk Tongue

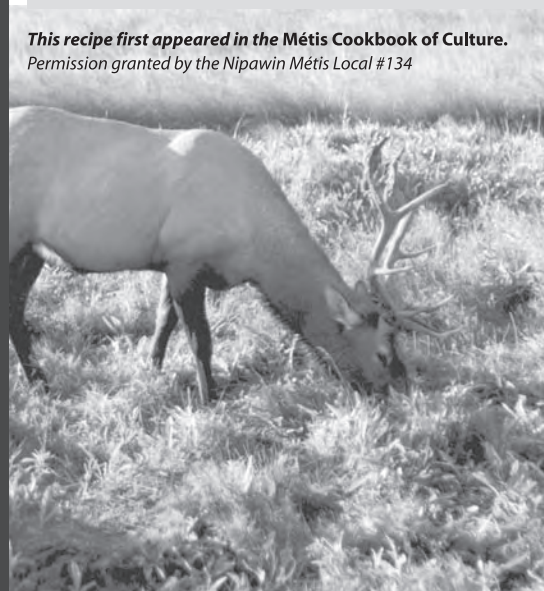
1 or more elk tongues

This recipe first appeared in the Métis Cookbook of Culture. Permission granted by the Nipawin Métis Local #134.

Cut elk tongue out of head from between bottom jaws, from bottom. Be sure to get the entire base. Wash elk tongue in cold water.

Boil tongue in kettle for 2 hours, or until a fork penetrates fairly easily and no blood comes from fork holes. Run cold water over tongue for several minutes. Skin on tongue will bubble. Skin off this membrane, which consists of taste buds. Put tongue in smoker and cold smoke for 2 to 3 hours, turning occasionally.

Use wood of preference. Slice tongue thin when cooked.



SQUIRREL with Parsley

3 squirrels
1 cup cold mashed potatoes
2 small onions, minced
4 Tbsp. chopped parsley
4 Tbsp. chopped dandelion greens
2 Tbsp. butter

*This recipe first appeared in Native Cooking, 2nd ed.
 Permission granted by Gail LeBlanc.*

Cook squirrels in salted water for 30 to 45 minutes. Remove meat from bones. Blend together meat, onions, potatoes and parsley. Season to taste with salt and pepper.

Form into balls and roll in dandelion greens. Fry in hot butter.

STEWED RABBITS with Onions

Clean a pair of nice rabbits; soak in cold salt water for 1 hour to draw out the blood; put them in a large saucepan with enough cold water to cover. Salt slightly and stew until tender.

*This recipe first appeared in Native Cooking, 2nd ed.
 Permission granted by Gail LeBlanc.*

In another pot, slice half a dozen young onions and boil in very little water until thoroughly done. Drain off the water, stir the onions into $\frac{1}{2}$ cup of drawn butter, pepper to taste and when it simmers, add the juice of a lemon.

Cut off the heads of the hares. Lay hares in a hot dish and pour the onion sauce over them. Let the dish stand in a warm place, covered, for 5 minutes before serving.

Wash heart in cold water and wipe dry. Melt 1 Tbsp. lard in pan and brown heart on all sides. Remove and set heart aside. Add remaining lard to pan with bacon, onion and celery. Cook until soft.

Add the bread cubes to the pan and stir all ingredients until all the fat has been absorbed by the bread cubes. Remove from the pan and place mixture in a bowl. Pour milk over the stuffing and add remaining ingredients.

With your hands, squeeze and mix everything thoroughly. Insert stuffing in heart and bake for 2 hours at 325°F.

STUFFED Moose Heart

**1 moose heart
1 celery stick, chopped
1½ cup cubed bread
salt and pepper
¼ cup milk
1 medium onion
2 Tbsp. lard
¼ tsp. poultry seasoning
½ cup chopped raw bacon**

*This recipe first appeared in Native Cooking, 2nd ed.
Recipe by William Badcock. Permission granted by Gail LeBlanc.*



2lb. ground venison
4 Tbsp. canola oil
1½ cups diced potatoes
1 cup diced carrots
1 cup beef bouillon
2 bay leaves
¼ tsp. pepper
29 oz. canned whole tomatoes (2½ cups)
¾ cup diced onion
1 clove garlic, minced
½ cup barley
½ tsp. thyme
1½ tsp. salt
2 to 2½ qt. water

*This recipe first appeared in Native Cooking, 2nd ed.
Recipe by William Badcock. Permission granted by Gail LeBlanc.*

VENISON Soup

Brown meat and onion in oil in a large pot or Dutch oven until onions are soft and meat loses its pink colour.

Add remaining ingredients. Cover and simmer for 1.5 to 2 hours. Add more water if necessary. Skim off any excess fat just before serving.

Serves 6 to 8.

VENISON STEAKS from the Grill Marinated with Herbs

6 steaks from leg or loin

Marinade:

2 Tbsp. dry white wine
1 tsp. thyme
1 tsp. chopped parsley
5 Tbsp. olive oil
1 tsp. tarragon
salt and pepper to taste

Mix all of the ingredients of the marinade together. Place steaks in a shallow dish and pour marinade over. Let stand for at least 2 hours, turning once.

Remove steaks from marinade and season with salt and pepper. BBQ on a very hot grill to your liking.

Marinade can be used on antelope, mountain sheep, lamb, chicken legs or chicken breasts.

*This recipe first appeared in Native Cooking, 2nd ed.
Permission granted by Gail LeBlanc.*

WILD RICE Bannock or Biscuits

Mix sugar and shortening well, work into flour with hands. Add salt and baking powder. Slowly add milk. Add wild rice and mix well. Grease pans or put in muffin tin, whichever way preferred.

3 cups all-purpose flour
3 Tbsp. shortening or oil
3 tsp. baking powder
2 cups milk or water
1 tsp. salt
1 cup cooked rice
2 Tbsp. sugar
2 Tbsp. maple syrup

Recipe courtesy of Elmer Ross.

WILLOW Bark

Grind up willow bark. Put in jar for future use as painkiller, toothache, and joint pain. Can

also be taken internally as willow bark tea.

Recipe courtesy of Elmer Ross.



WILD RICE Salad

1 cup wild rice
3 cups water
½ tsp. of salt (*added to rice when cooking*)
¼ cup finely chopped red pepper
¼ cup finely chopped green pepper
½ small onion, finely chopped
1 cup fresh or 1 small can of corn
(not creamed)
1 tsp. salt
dash of pepper
small pinch of allspice
¼ tsp. rubbed sage (*only a dash if using ground sage*)
2 Tbsp. vinegar
1 Tbsp. canola or light olive oil

Add ½ tsp. salt to water in a pot and bring water to a boil, add wild rice, cover reduce heat and simmer for 45 to 50 minutes until all wild rice is opened. Drain and let cool in a large bowl.

Chop onion, green pepper and red pepper. Add chopped vegetables and corn to wild rice. Toss together. Add vinegar, oil, salt, sage and allspice to mixture and toss several times. Taste. Add more salt if desired.

Refrigerate leftovers and it keeps for 4 or 5 days. Not suitable for freezing.

Recipe courtesy of Christi Belcourt.



Wash rice, soak overnight; in the morning drain; cook in boiling salted water until tender. Drain. Sauté onions in hot margarine or butter until golden brown. Add almonds, raisins, poultry dressing and seasonings. Lightly stuff fowl or game; cover bird with oiled, heavy brown paper or foil paper, with no water, no cover and no basting. Roast in 375°F oven until done.

WILD RICE STUFFING for Game Birds

**⅓ cup wild rice
¼ cup margarine or butter melted
2 tsp. poultry dressing
2 chopped onions
½ cup blanched almonds
1 cup sultana raisins
salt and pepper to taste**

*This recipe first appeared in Native Cooking, 2nd ed.
Permission granted by Gail LeBlanc.*

4 chicken breasts, skinless
4 chicken thighs, skinless
¼ tsp. lemon pepper
¼ cup water
1 small onion, thinly sliced
1½ cups mushrooms, sliced
½ cup chicken broth soup
(prepared according to label)
2 Tbsp. cornstarch
½ cup dry white wine *(or apple juice)*
½ tsp. each, dried rosemary & thyme

Recipe courtesy of Gail LeBlanc.

CHICKEN AND MUSHROOM Casserole

Spray a non-stick pan with a non-fat cooking spray and heat pan on high. Sprinkle chicken pieces with lemon, pepper and brown.

Transfer the chicken to a shallow casserole dish. Place the onions and mushrooms in the non-stick pan, add ¼ cup of water and sauté on high until onions are limp.

Add chicken broth, rosemary and thyme to the onion and mushroom mixture. Blend the cornstarch with the wine *(or apple juice)*. Add the cornstarch mixture to the broth and stir well until thickened.

Pour the sauce over the chicken. Cover and bake in a preheated 350°F oven for about 50 minutes or until chicken juices run clear when chicken is pierced with a fork. Makes 4 to 5 servings.

Nutritional benefits: Low in saturated fat.



In a large bowl, sift flour with baking powder and salt. Sprinkle over dill and fennel seeds. Stir in margarine and work together with fingers until mixture resembles bread crumbs.

Add milk and mix with fork until dough just forms. Do not over-mix or the biscuits will be tough.

Remove dough and place on floured board. Knead for 1 minute. Roll or pat to 2 to 4 inches thick.

Cut into 2 inch rounds, brush tops with milk and bake on ungreased cookie sheet at 350°F for about 12 to 15 minutes or until golden.

Makes about 12 biscuits.

Nutritional benefits: Good source of fibre if whole wheat flour is used.

Mix all ingredients together and form into a loaf. Bake 1.25 hours at 350°F.

Nutritional benefits: Lean source of protein, low in fat, good fibre.

Recipe courtesy of Gail LeBlanc.

DILL AND FENNEL Biscuits

- 2¼ cups flour (*can use whole wheat*)
- 1 Tbsp. baking powder
- ¾ tsp. salt
- ⅓ cup chopped dill
- 1 Tbsp. cracked fennel seeds
- ¾ cup diced margarine at room temperature
- ⅔ cups of milk
- 2 Tbsp. milk to brush over biscuit tops

Recipe courtesy of Gail LeBlanc.

GAIL'S TERRIFIC Turkey Meatloaf

- 1 pound ground turkey breast
- 1 egg white
- ½ cup oat bran
- 3 Tbsp. ketchup
- 1 Tbsp. Worcestershire sauce
- ½ tsp. Dijon mustard
- ½ green pepper, minced
- 3 slices of onion, minced
- 2 Tbsp. green olives, chopped
- 1 large garlic clove, minced
- ¼ tsp. each of sage, pepper, marjoram and celery salt

HIGH FIBRE

Raisin Cobbler

2 cups raisins
2½ cups water
2 Tbsp. flour
⅓ cup sugar
2 tsp. lemon juice
1 egg
⅓ cup canola oil
⅓ cup milk
⅓ cup sugar
¾ cup all-purpose flour
¾ cup 12 grain or whole wheat flour
½ tsp. salt
1 Tbsp. baking powder

Recipe courtesy of Christi Belcourt.

Simmer raisins and water for 10 minutes. Reduce heat to low and stir in sugar and lemon juice. Add flour gradually while mixing to reduce clumping. Pour in casserole baking dish.

Stir together egg, oil and milk in a mixing bowl. Add sugar, flour, salt and baking powder. Stir until just mixed.

Drop flour mixture by the spoonful over the raisin mixture.

Bake at 400°F for 25 to 30 minutes.

Nutritional benefits: High fibre, low saturated fat.





Core, peel and slice apples. Stir apples in a bowl with cinnamon, flour and sugar to coat. Place in a baking dish.

Mix together oats, flour and maple syrup. Cover apples with mixture.

Bake at 350°F for 35 to 45 minutes, or until top is golden and apples are bubbling.

For a sweet twist try adding a 1 cup of blueberries or raspberries with the apples.

Nutritional benefits: High fibre, low fat, low in saturated fat.

HIGH FIBRE Low Fat Apple Crisp

1½ cups rolled oats (*quick style, not instant*)

1 cup whole wheat flour

⅔ cup maple syrup (*not artificial*)

6 to 8 apples cored, peeled and sliced

½ tsp. cinnamon

2 Tbsp. flour

¼ cup sugar

Recipe courtesy of Christi Belcourt.

MEXICAN STYLE Chicken Soup

***great recipe for using up extra garden tomatoes**

12 to 16 fresh tomatoes (*blanched, cored and skinned*)

2 skinless chicken breasts

1 cup of corn kernels

1 tsp. chili powder

2 tsp. salt

1 cup kidney beans (*pre-soaked or canned*)

Recipe courtesy of Christy Belcourt.

Boil or bake chicken, dice into large pieces and set aside.

Blend prepared tomatoes in a blender, pour into a large soup pot and heat gently until simmering. Add chili powder, corn, beans and salt. Cover and simmer at a gentle boil for 45 minutes to 1 hour so that flavour of chili powder permeates tomato base. Add chicken to soup and cook for 10 to 15 minutes until chicken meat becomes hot in soup. Taste—add more salt if needed.

Nutritional benefits: Very low in fat, high in fibre, high in potassium, high in protein.

SIMPLY DELICIOUS Vegetables (0 fats)

1 can (16 oz.) Campbell's Healthy Request ready-to-serve chicken broth

1 cup broccoli florets

1 cup cauliflower florets

1 medium carrot, sliced (*about ½ cup*)

1 stalk celery, sliced (*about ½ cup*)

Recipe courtesy of Gail LeBlanc.

In medium saucepan mix broth, broccoli, cauliflower, carrot and celery over high heat. Heat to a boil.

Reduce heat to low. Cover and cook 5 minutes or until vegetables are tender-crisp. Drain. Serves 6.

Nutritional benefits: Very low in fat, high in fibre.



VEGETABLE Rice Pilaf

Spray medium skillet with cooking spray or use a medium non-stick skillet and heat over medium heat for 1 minute. Add green pepper, garlic, basil, pepper and rice. Cook until rice is browned and green pepper is tender and crisp, stirring constantly.

Stir in broth. Heat to a boil. Reduce heat to low. Cover and cook 10 minutes.

Stir in vegetables. Cover and cook 10 minutes more or until rice is done and most of liquid is absorbed. Serves 4.

Nutritional benefits: Low in fat.

¼ cup chopped green or red pepper
2 cloves garlic, minced
½ tsp. dried basil leaves, crushed
⅛ tsp. black pepper
1 cup uncooked long grain white rice
1 can (16 oz.) Campbell's Healthy Request ready-to-serve chicken broth
¾ cup frozen mixed vegetables

Recipe courtesy of Gail LeBlanc.

Nutrition and Calorie Food Chart

When counting calories, it is recommended that you familiarize yourself with the foods you eat most often. The short list here is included for comparison and reference.³⁴

INDIGENOUS FOODS

FOOD	AMOUNT	CALORIES	PROTEIN	FAT	SATURATED FAT	CARBOHYDRATES	FIBRE
Acorn, nuts, raw	1 oz.	110	1	6	0.8	11	N/A
Bear, cooked, simmered	113 g	293	36.6	15	4	0	0
Beaver, cooked, roasted	113 g	240	39	7.8	2.3	0	0
Bison, ground, raw	113 g	252	21	18	7.6	0	0
Bison, lean, chuck roast	113 g	134	24	3.5	1.5	0	0
Bison, lean, 1" rib eye steak	113 g	200	33	6.4	2.7	0	0
Blackberries, raw	1 cup	125	1	2	0	24	7.6
Blueberries	1 cup	83	1	0.4	0	21	3.5
Burdock root, boiled, cooked with salt	1/2 cup	55	1	0	0	13	1
Caribou, bone marrow, raw	30 g	236	2	25	N/A	0	0
Caribou, cooked, roasted	113 g	189	33.6	4.9	1.9	0	0
Caribou, tongue, raw	113 g	292	15	25	N/A	0	0
Crab apples	1 cup	84	0	0	0	21	N/A
Cranberries, high bush, raw	1/2 cup	62	1	0	0	13	7.6
Cranberries, low bush, raw	1/2 cup	62	0	0.5	0	13	N/A
Dandelion greens, boiled, with salt	1/2 cup	33	2	0.6	0	6.4	2.9
Deer, ground, raw	113 g	177	25	8.6	3.7	0	0
Deer, shoulder roast, cooked	113 g	216	41	4.4	2.2	0	0
Duck, wild, breast meat	113 g	139	22	4.8	1.4	0	0
Duck, wild, meat and skin	113 g	238	19.6	17.8	5.7	0	0
Elk, cooked, roasted	113 g	165	34	2.1	0.8	0	0
Fiddlehead ferns, raw	1/2 cup	38	5	0.4	0	6	N/A

FOOD	AMOUNT	CALORIES	PROTEIN	FAT	SATURATED FAT	CARBOHYDRATES	FIBRE
Fireweed, young leaves, raw	1/2 cup	50	3	0	0	7	6.8
Flaxseed	1 Tbsp.	59	2	4	0.3	4	3
Gooseberries, raw	1 cup	66	1	0.8	0	15	6.5
Hazelnuts, blanched	1 oz.	178	4	17	1.3	5	3
Leek, cultivated (no numbers available for wild version)	1/2 cup	28	0	0	0	3	1
Lotus root, boiled, cooked with salt	1/2 cup	40	1	0	0	9.6	1.9
Maple syrup	1 Tbsp.	52	0	0	0	13	0
Moose, cooked, roasted	113 g	151	33	1.1	0.3	0	0
Moose, liver, braised	113 g	155	24	4.9	N/A	0	0
Muskrat, cooked, roasted	113 g	264	34	13.2	7.9	0	0
Onions, green (no numbers available for wild version)	2 Tbsp.	4	0	0	0	0.8	0.3
Pumpkin and squash seeds, roasted without salt	1 oz.	126	5	5	1	15	N/A
Rabbit, wild, cooked, stewed	113 g	195	37	3.9	1.18	0	0
Raspberries	1 cup	64	1.4	0.8	0	14.6	8
Rhubarb	1 stalk	11	0	0	0	2	1
Rhubarb, wild leaves, raw	1/2 cup	69	4	0.5	0	11	N/A
Rice, wild, cooked	1 cup	166	6	0.5	0	35	3
Rose hips	1/2 cup	28	0	0	0	6	N/A
Salmon, sockeye, raw	113 g	190	24	9.6	1.6	0	0
Squash, cooked, boiled	1/2 cup	18	0	0	0	3	1.7
Squirrel, ground meat	113 g	125	21	4.3	N/A	0	0
Strawberries	1 cup	49	1	0.4	0	11	3
Trout, rainbow, farmed, raw	113 g	156	23	6.1	1.7	0	0
Trout, rainbow, wild, raw	113 g	134	23	3.9	0.8	0	0
Whitefish, raw	113g	151	21.5	6.6	1	0	0

Nutrition and Calorie Food Chart

Non-INDIGENOUS FOODS

FOOD	AMOUNT	CALORIES	PROTEIN	FAT	SATURATED FAT	CARBOHYDRATES	FIBRE
2% milk	1 cup	138	9	5	3	13	0
10% (half and half) cream	1 Tbsp.	20	0.4	1.7	1	0.6	0
Apple pie	1 slice	411	3	19	4	57	N/A
Cheese, cheddar	1 slice (1 oz.)	113	7	9	5	0	0
Chicken, breast, no skin	1/2 cup (4 oz.)	116	21	2.5	0.7	0	0
Cola (pop)	1 can or bottle (16 oz.)	207	0	0	0	52	0
Fried bread made with lard	113 g (1/4 lb.)	373	7	13	5	55	0
McDonald's Big Mac™	1	572	26	30	10	47	3
McDonald's French Fries™	1 large (171 g)	617	6	33	7	73	6
Oats, quick, cooked	1/2 cup (4 oz.)	73	3	1	0	12	2
Pizza, meat and vegetables, rising crust, frozen	1 slice	461	21	19	7	48	4
Skim milk	1 cup	90	9	0.5	0	11	0

Sample Food Label for canned baked beans

1	➔	(250 mL) / pour 1 tasse (250 mL)	
		Content	% Daily Value
		Teneur	% valeur quotidienne
3	➔	Calories / Calories 340	
4	➔	Fat / Lipides 1 g	2 %
5	➔	Cholesterol / Cholestérol 0 mg	2 %
5	➔	Sodium / Sodium 890 mg	37 %
5	➔	Potassium / Potassium 730 mg	21 %
6	➔	Carbohydrate / Glucides 62 g	22 %
		Fibre/ Fibres 10 g	44 %
		Sugar/Sucres 28 g	
		Protein / Protéines 14 g	

Understanding a Nutrition Facts Food Label

Nutrition labels tell you how many nutrients are in the food based on a measured portion of that food called the serving size. An example of a food label for canned baked beans is on page 80. All food labels list the product's ingredients in order by weight. The ingredient in the greatest amount is listed first. For healthy food choices, try to avoid foods that list oils, fats, salt, glucose, fructose, sugar, or corn syrup within the first few ingredients.

- 1.** The first place to look at is the serving size. In this example, 1 cup would be equal to about half the can. All of the calculations for this food are based on this serving size.
- 2.** Daily values are based on the daily value recommendations based on a 2,000 calorie daily diet. Daily values can be helpful even if you don't count calories by giving you a quick reference guide to follow. On average 5% is considered low and 20% is considered high.
- 3.** Calories: this number tells you the amount of energy in the food. If you are trying to lose or maintain your weight, the number of calories you eat counts. Compare the labels of some of your favorite foods.
- 4.** The most important number aside from the total number of fat grams is the saturated fat grams. Ideally you should try to consume products with low or no saturated fat.
- 5.** Sodium and cholesterol numbers on nutrition labels are particularly important for those with high blood pressure or high blood cholesterol.
- 6.** Carbohydrates includes the breakdowns for grams of sugar and grams of dietary fibre. Ideally you should aim for products low in sugar but high in dietary fibre.

NOTE:

Trans fats are not required to be listed by manufacturers on food labels. To find out if a product contains trans fats first start by looking at the ingredients for listings of hydrogenated or partially hydrogenated oils.

endnotes

Note: All weblinks were active and functional March 20, 2006.

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MEASUREMENT EQUIVALENTS

FLUID MEASURES (VOLUME)			
IMPERIAL		METRIC	
SPOONS AND CUPS		Ounces (oz.)	Milliliters (mL)
1 tsp. =	=	1/6 =	5
3 tsp. =	1 Tbsp. =	1/2 =	15
2 Tbsp. =	1/8 c =	1 =	30
4 Tbsp. =	1/4 c =	2 =	60
5-1/3 Tbsp. =	1/3 c =	2-1/2 =	80
8 Tbsp. =	1/2 c =	4 =	125
16 Tbsp. =	1 c =	8 =	250
2 c =	1 pint =	16 =	500
2 pints =	1 quart =	32 =	1000 (1 Litre)

tsp. = teaspoon
Tbsp. = tablespoon
c = cup

DRY MEASURES (WEIGHT)			
METRIC		IMPERIAL	
Grams (g)	Kilograms (kg)	Ounces (oz.)	Pounds (lb.)
113 =	.113 =	4 =	1/4 =
227 =	.227 =	8 =	1/2 =
454 =	.454 =	16 =	1 =
500 =	.5 =	17.5 =	1.1 =
908 =	.908 =	32 =	2 =
1000 =	1 =	35 =	2.2 =



*The Métis Cookbook and Guide
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According to the late Dr. Anne Anderson (renown Métis scholar and author) traditional foods Aboriginal people ate were "the purest of foods, cured by help of nature, to dry and preserve and make available for use as needed. The only sweetness was from eating berries. The foods years ago were pure and wholesome and contained the most essential vitamins for the body, which was the secret to long life, good teeth and health. Strong legs were accounted for by the miles of walking done before the horses were captured." (Anne Anderson, The Great Outdoors Kitchen)

Not so long ago, Aboriginal people in Canada lived long, strong and healthy lives. Today we suffer from higher rates of diabetes, heart disease and obesity within our communities than the average Canadian population. Most agree that this ill health is the combined result of the adoption of the modern western diet and the transition to a more sedentary life.

The Métis Cookbook and Guide to Healthy Living provides basic information on health and nutrition for people wishing to find healthy choices within the modern diet.